

AQUATIC PROGRAMS!

KINGSTON SWIM CLUB

Kingston Swim Club is an extension of swimming lessons and offers both participant and parent an alternative to the extensive time and price commitment of Swim Team. The main focus of this program is to provide swimmers an option to continue their swimming progression and skills, while learning new water based activities and sports (water polo, diving, mock swim meets, etc.). Swimmers must have passed Level 3 or be a Level 4 Swimmer to participate in this Program.

Practices: Mondays & Fridays

Times: 4:15-5:15 pm

Dates: 1/25/16-4/29/16

NO CLASS 2/5, 2/15, 3/21, 3/25 & 4/22

Fees:

Full Session (23 Classes) \$92 M / \$100 NM

Instructor: Mike Coleman

BABYSITTING TRAINING

Hands-on training! A fun way to learn how to make safe and responsible decisions while caring for children. Participants will get the first aid training that shows you're serious about sitting. During the 12 hour course, instructors will teach you the tricks of the trade, reveal their "sitter survival" secrets, and share tips about getting a job where you live. This fast-paced class is even more fun if you bring a friend.

***For Ages: 11-15 year olds**

***Participants MUST attend both Training Days.**

Certification Training Days:

Friday, May 20th

8am-2pm

Instructors:

Traci Chandler

Fees:

\$65 if registered on or before 5/1/2016

\$75 if registered after 5/1/2016



KAYAK PROGRAMS

OPEN KAYAK NIGHTS:

FREE with current membership or Drop in Fee. Wednesdays 6:30-7:45pm - Bring Your Own Boat!

INTERESTED IN KAYAK LESSONS??

Contact Ginny -
gbaylor@cityofgunnison-co.gov

We will develop a schedule for lessons based on interest. Let

CROSS FIT

This class incorporates basic CrossFit exercises and water movements for a fun, yet challenging workout. No prior experience needed in swimming or CrossFit. This class is good for all levels of fitness.

Days: Wednesdays 1/6/16-6/1/16

Time: 5:00-5:45 pm

Fees: Punch Card \$30 for 5 punches or \$7 Drop In Fee

Questions: Faith Saltmarsh
fsaltmarsh@cityofgunnison-co.gov

Ages: 12 & Up

JR. LIFEGUARD

This program is designed to give our local youth, 10-15 years, the opportunity to experience responsibilities, work ethics, team work, & to learn and grow in the aquatic field. All Jr. Lifeguards will be working when a manager is on duty.

Mandatory Orientation: May 23rd from 5:30-6:30 pm

Instructors:

Parent & Jr. Guard Meeting @ 5:30pm

Mike Coleman and Traci Chandler

Fees: \$40

COMMUNITY CPR/AED/FIRST AID TRAINING

While you cannot predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross Training can give you the vital knowledge and skills you will need to respond to a life-threatening situation with confidence

This Red Cross class is held in a "Blended Learning" format. Participants will be required to do an online learning session BEFORE they test their practical skills.

Online Class = 2.5 Hours

Practical Skill Session = 2 Hours

Please email gbaylor@cityofgunnison-co.gov if you are interested in participating in this class or if you would like similar training, but this day/time does not work.

Certification Day: Monday 4/4/2016

Time: 5-7pm

Ages: 12 & Older

Fees: \$60.00 Total

10 \$27 Paid to Red Cross when registering for the Class
\$33 Paid to Gunnison Parks and Recreation

Questions:

gbaylor@cityofgunnison-co.gov